



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01251, Cheese, Mexican blend

Report Date: July 16, 2017 17:43 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup shredded 28g
Proximates					
Water	g	42.48	--	--	11.89
Energy	kcal	358	--	--	100
Energy	kJ	1497	--	--	419
Protein	g	23.54	--	--	6.59
Total lipid (fat)	g	28.51	--	--	7.98
Ash	g	3.72	--	--	1.04
Carbohydrate, by difference	g	1.75	--	--	0.49
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	1.23	--	--	0.34
Sucrose	g	0.07	--	--	0.02
Glucose (dextrose)	g	0.14	--	--	0.04
Fructose	g	0.04	--	--	0.01
Lactose	g	0.08	--	--	0.02
Maltose	g	0.06	--	--	0.02
Galactose	g	0.04	--	--	0.01
Minerals					
Calcium, Ca	mg	659	--	--	185
Iron, Fe	mg	0.59	--	--	0.17
Magnesium, Mg	mg	25	--	--	7
Phosphorus, P	mg	438	--	--	123
Potassium, K	mg	85	--	--	24
Sodium, Na	mg	338	--	--	95
Zinc, Zn	mg	3.01	--	--	0.84

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup shredded 28g
Copper, Cu	mg	0.025	--	--	0.007
Manganese, Mn	mg	0.022	--	--	0.006
Selenium, Se	µg	15.0	--	--	4.2
Fluoride, F	µg	8.7	--	--	2.4
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.023	--	--	0.006
Riboflavin	mg	0.318	--	--	0.089
Niacin	mg	0.114	--	--	0.032
Pantothenic acid	mg	0.249	--	--	0.070
Vitamin B-6	mg	0.061	--	--	0.017
Folate, total	µg	13	--	--	4
Folic acid	µg	0	--	--	0
Folate, food	µg	13	--	--	4
Folate, DFE	µg	13	--	--	4
Choline, total	mg	15.7	--	--	4.4
Betaine	mg	0.2	--	--	0.1
Vitamin B-12	µg	1.23	--	--	0.34
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	174	--	--	49
Retinol	µg	170	--	--	48
Carotene, beta	µg	56	--	--	16
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	659	--	--	185
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	0.07
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00
Tocopherol, delta	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.1
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.1

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Vitamin D	IU	21	--	--	6
Vitamin K (phylloquinone)	µg	2.5	--	--	0.7
Lipids					
Fatty acids, total saturated	g	17.027	--	--	4.768
4:0	g	0.922	--	--	0.258
6:0	g	0.417	--	--	0.117
8:0	g	0.271	--	--	0.076
10:0	g	0.568	--	--	0.159
12:0	g	0.527	--	--	0.148
14:0	g	3.026	--	--	0.847
16:0	g	7.925	--	--	2.219
18:0	g	3.372	--	--	0.944
Fatty acids, total monounsaturated	g	7.871	--	--	2.204
16:1 undifferentiated	g	0.857	--	--	0.240
18:1 undifferentiated	g	7.015	--	--	1.964
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.864	--	--	0.242
18:2 undifferentiated	g	0.532	--	--	0.149
18:3 undifferentiated	g	0.332	--	--	0.093
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	95	--	--	27
Amino Acids					
Tryptophan	g	0.355	--	--	0.099
Threonine	g	0.869	--	--	0.243
Isoleucine	g	1.356	--	--	0.380
Leucine	g	2.170	--	--	0.608
Lysine	g	1.655	--	--	0.463
Methionine	g	0.600	--	--	0.168

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup shredded 28g
Cystine	g	0.117	--	--	0.033
Phenylalanine	g	1.200	--	--	0.336
Tyrosine	g	1.122	--	--	0.314
Valine	g	1.511	--	--	0.423
Arginine	g	0.785	--	--	0.220
Histidine	g	0.735	--	--	0.206
Alanine	g	0.650	--	--	0.182
Aspartic acid	g	1.570	--	--	0.440
Glutamic acid	g	5.403	--	--	1.513
Glycine	g	0.403	--	--	0.113
Proline	g	2.580	--	--	0.722
Serine	g	1.198	--	--	0.335
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0